


How do the health outcomes of a vegetarian diet compare to that of a diet which customarily includes animal products?

Introduction to the Review

This question considers research that directly compares health outcomes among individuals consuming a diet which customarily includes animal products to those consuming a vegetarian, including vegan, diet. The Committee recognized that additional research on this topic was published before 2000, but felt research published since 2000 represented the current plant-based dietary patterns and provided sufficient context to discuss the relationship between these dietary patterns and health. For an in-depth discussion of the relationship between various dietary patterns and health outcomes, see [Part D. Section 2: The Total Diet: Combining Nutrients, Consuming Food](#) in the DGAC Report.

Systematic Review Questions:

 [How do the health outcomes of a vegetarian diet compare to that of a diet which customarily includes animal products? \(DGAC 2010\)](#)